



साई चॅरिटेबल ट्रस्ट संचलित,

साई आयुर्वेद महाविद्यालय, हॉस्पिटल आणि रिसर्च सेंटर

सासुरे-वैराग, बारशी. जिल्हा: सोलापूर (महाराष्ट्र)



आजादी का अमृत महोत्सव

मार्गदर्शक

आयोजक

डॉ. मीरा सूर्यवंशी
अध्यक्षा, साई चॅरिटेबल ट्रस्ट.

डॉ. साहेबराव गायकवाड
प्राचार्य, साई आयुर्वेद कॉलेज.

डॉ. प्रीतम इंगळे
मुख्य समन्वयक
कार्यक्रम अधिकारी NSS

डॉ. मानसी कुलकर्णी
महाविद्यालय समन्वयक
स्वस्थवृत्त आणि योग विभाग

डॉ. संगीता देशमुख
हॉस्पिटल समन्वयक
उपअधीक्षक, साई हॉस्पिटल



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POSHAN PAKHWADA 2022

21/03/2022 to 04/04/2022

डॉ. मीरा सूर्यवंशी
अध्यक्षा, साई चॅरिटेबल ट्रस्ट.

डॉ. प्रीतम इंगळे
कार्यक्रम अधिकारी NSS

डॉ. साहेबराव गायकवाड
प्राचार्य, साई आयुर्वेद कॉलेज.



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Theme-Wise Slides and Information

TEST TREAT TALK ANAEMIA

TEST for anemia using digital hemoglobinometers

TREAT with iron folic acid tablets

TALK on intake of iron, protein and Vitamin C rich food

ANAEMIA

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TEST TREAT TALK ANAEMIA
30/03/2022

Iron-Rich Foods, Make healthy blood

♦ Eating a healthy diet and avoiding alcohol use
♦ Going to a doctor regularly
♦ Routine blood check-up

Folate
Vit B12
Iron
Vite

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IN THE FIGHT TO WIN AGAINST: ANAEMIA

Need awareness of 3T:
Test
Treat
Talk

When come across: Red flag signs
Fatigue, energy loss, skin pale, tongue sourness, brittle nails, chest pain, hairfall, grey hair, dizziness, headache

SAI AYURVEDIC MEDICAL COLLEGE VAIRAG SOLAPUR

SAVE WATER!

Mother Earth has started to DRY Please don't end up drying YOURSELF...!!

Every single drop of WATER is very precious... Start saving it from NOW!!

Use WATER sufficiently, Turn off the Taps immediately after use.

RAINWATER HARVESTING is one of the oldest & simplest method of conserving WATER when rains. Used for Domestic purposes. If it is filtered in a right way, it can also be used for Drinking

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TRADITIONAL FOOD FOR MOTHER AND CHILD IN TRIBAL AREA

"Eating healthy and in the right amount can have wonderful effects on the prenatal development of your child"

Eat healthy

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Topic - traditional food for mother and children in tribal area

NUTRITION

Eat healthy live long

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TRADITIONAL FOOD

Fruit and vegetables
Bread, other cereals, and potatoes
Meat, fish and alternatives
Milk and dairy products
Foods containing fat and foods containing sugar

• A good nutrition is one of the best key for healthy life.
• An apple a day keeps the doctor away.